

Active Adults 60+

May 2012 — Monthly Bulletin

Thursday Lunch!



Our lunches are sponsored by:
Weld County Area Agency on Aging &
Weld County Senior Nutrition Program.

Reservations are required by Tuesday, at 12:00 pm.

Call 303.926.2795 to make reservations.

\$3.00 - Suggested Donation for 60 +

\$7.25 - Fee for under 60

Meals subject to change based on product availability.

MENU	LUNCH PROGRAM
May 3 Dilled Salmon, Lemon Wedge, Baked Potato, Chilled Cantaloupe, Multigrain Bread, Margarine, Dried Fruit and Nut Cup	May 3 Age Doesn't Matter—Wisdom Does! - 10:00 AM Mountain View FD Blood Pressure Checks— During Lunch EASY-C Meeting— After Lunch
May 10 Beef Enchilada Casserole, Lettuce and Tomato Garnish, Spanish Brown Rice, Aztec Black Bean Salad, Tropical Fruit Salad	May 10 Anthem Tappers—12:45 PM
May 17 Seasoned Roast Pork with Gravy, Baked Potato and Sour Cream, French-cut Green Beans and Red Pepper, Chilled Peaches, Whole Wheat Roll, Margarine	May 17 Dizziness, Balance & Fall Risk Reduction—10:00 AM Profile of Emily Griffith—12:45 PM
May 24 Stuffed Green Peppers, Carrot-Raisin Salad, Chilled Melon and Strawberries, Lemon-Raspberry Muffin, Margarine	May 24 No Program
May 31 Hot Roast Beef Sandwich with Whipped Potatoes and Gravy over Whole Wheat Bread, Tropical Fruit Salad, Peach Crisp	May 31 Senior Advantage—9:00 AM